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CD REVIEW – SAMUSIC - SECRET ISLAND (MICHAEL KOCH)

by Andrea Berger

Embark on a spiritual quest with Michael Koch's inspired music combined with SAM® frequencies.

Visualize yourself sailing on a vast ocean, and out of the white mist, a beautiful island emerges. You are very attracted to it and decide to explore it, setting anchor and landing on a golden beach kissed by turquoise water. As you venture in- ward, you enter a lush primeval forest, mesmerizing in its exotic beauty. Your journey takes you deeper and deeper into the island, through a green and sunny meadow, where you rest for a while. Eventually you reach a magnificent golden gate, and as you marvel at its beauty and intricate design, it suddenly opens. Crossing its threshold, you find yourself into the inner-most secret part of the island, a place of wonder, peace and joy, where your body, mind and spirit feel perfectly attuned and balanced. You come to realize that this is also the most inner part of your Being, connected with your Higher Self. As you reach the end of your journey, you find yourself back on the beach and leave the island in perfect harmony. Instruments featured are piano, guitar, flute, strings, tabla, sitar, tanpura, synthesizers, natural and electronic. 30min.

Michael Koch

I first met my brother-in-law, Michael Koch, back in 1986, when I had freshly arrived to Germany from Communist Romania. He married my sister in 1988 and they have since lived in Southern Ger- many. Our families are very close, and we see each other almost every year. Michael is a gifted musician, though by day he is working as electrical engineer in his regular

job . He has his own band, playing jazz and world music occasionally at local venues. When Skip Atwater unveiled the new SAM technology in the Summer of 2011, there was only one SAM exercise, and I wished for more. It just so happened that around the same time, Michael sent me a new composition of his and I recall being pleasantly surprised that it was different from his usual jazz and world mu- sic genre – more subdued and meditative. So I had this idea, to have him compose something for TMI, and to my delight he

agreed! A few weeks later he com- posed “Secret Island”, inspired by his love of the sea I sent it to Skip right away, who also liked it and decided to put SAM frequencies in the background. “Secret Island” became one of the first SAMusic® pieces. Since we needed a description for the TMI website, I asked Michael to lie down while listening to “Secret Island” and describe what he experiences. His description is detailed above.